

January 2014



CITY OF AMPTON
PARKS & RECREATION

Be Fit-Be Well

GETTING BACK TO IT

Happy New Year to everyone! I know it's the time of year that we set resolutions to change, add, get rid of something; and they are usually short lived. This year I am not making any myself but to those of you who are, I have a few tips that I hope will help you maintain those resolutions, whatever they may be.

1. Dress for Fitness Success.

Have you ever seen *What Not to Wear* on TLC with Stacy and Clinton? Well, there is a lot to be said about dressing to feel confident and successful. "Wearing clothes that you feel good in can boost your body image, simply because you like your new look," says psychologist and fitness instructor Elizabeth Lombardo, PhD, author of *A Happy You: Your Ultimate Prescription for Happiness*. Popular thinking says cover up what you are trying to whittle down, but it really isn't doing you good. If you can see what you are working, the better your form will be and hence, a better workout. There are workout clothes for every body type and pocket book, you'll love your new style.

2. Eat More Fish.

Trade that boring old chicken in for heart-healthy omega-3 fatty fish like salmon, tuna or mackerel 2 nights a week and you can reduce your (and the ones you love) risk of dying from heart disease by 36 percent. For hassle-free fish, food writer and cook Mark Bittman, author of *The Food Matters Cookbook* suggest placing a 4 ounce fillet in the center of a rectangular piece of aluminum foil, sprinkle with 1 teaspoon each sesame oil and soy sauce, then fold the foil (like a loose packet) to seal the fish inside. Place in a baking dish and cook at 450 degrees for about 20 minutes-YUM!

3. Take a 30 Second Time-Out.

Time outs are not just for unruly kids, we all need them to lower our blood pressure, stress levels, and risk for heart disease. Take up kickboxing, indoor cycling, or yoga. When we are stressed we produce the hormone cortisol, which in turn raises heart rate, blood pressure, blood sugar, and muscle tension as a temporary reaction to whatever is stressing you out! Unfortunately, most of us have so much stress, cortisol is constantly running through our bodies. You can combat this very simply through better breathing and yoga/meditation. Allow yourself 20 minutes a day, even 5 at your desk is you are feeling overwhelmed. Simply take a deep breath in through your nose and allow your belly and ribs to expand, hold for 3 seconds, then exhale out of your mouth slowly counting to 6. Repeat for 4 more cycles and then return to whatever it was you were working on.

4. Spend a Minute a Day Doing Plank.

You want those strong, toned abs and back, plank is the way. Your body's core: back, belly, hips, and pelvis, provide you with stability and balance and having a strong core (not just abs) makes it easier and safer to do just about everything as well as giving you much better posture. "During a plank, the core muscles all work in harmony to protect your spine," says Fitness magazine advisory board member Michele Olson, PhD, professor of Exercise Science at the Human Performance Laboratory at Auburn University. Start by lying facedown with your elbows directly under your shoulders and your forearms and palms flat on the floor. Tighten your abs, press your forearms into the floor and squeeze your glutes as you pop up on to your toes, forming a straight line from your head to your feet. Don't let your glutes stick up or sag and BREATHE!!!! You may not be able to do a minute right away, so break it down into 4-15 second sets and build up.

5. Learn to Take a Compliment.

I for one have a hard time with this. Too many women will disagree with or second guess any compliment. Don't dismiss it, embrace it! Accepting accolades boosts your confidence, self esteem, and gives you guts to tackle anything you do. Always assume the compliment is sincere and reflect on why it's true, bringing positive aspects of who you are, and then say "Thank you."

MOVE OF THE MONTH - PLYO BOX JUMPS

Plyo Boxes are great ways to shake up your routine without breaking your budget. A simple aerobics step can be substituted for a standard 20inch box as you build up. Not only will you challenge yourself, your metabolism will kick into high gear and burn more calories and fat stores.

- Step-up- a great starter exercise. Build up leg strength here, before moving onto the box jump. Keep your knees behind your toes, drive through your entire foot, and feel your glutes powering the exercise.
- Box squat- perfect to learn squat depth and box squats., simply squat over the box until your hamstrings touch the top. Add a barbell to this exercise to increase your back squat numbers.
- Box jump- you can jump up, then step down or jump up and jump down only to quickly jump back up to the box. These are ideal for increasing your reaction times and quickening your foot speed.



Recipe of the Month

Fruit & Spice Granola

This recipe is a lot lower in calories and fat than many store boxed brands and so good for you, you might not want to share it!

1. Heat oven to 300*. Line a rimmed baking sheet with a piece of parchment paper.
2. Combine 1/4 cup packed brown sugar, 1/4 cup honey, 1 tbsp vegetable oil, 1/4 tsp salt and 1/4 tsp cinnamon in a bowl. Fold in 2 1/2 cups rolled oats and 1/2 cup pumpkin seeds.
3. Spread into an even layer, letting some pieces of oats remain in clusters.
4. Bake and stir occasionally until the oats are toasted and the granola is dry, 25 minutes.
5. Fold in 1/2 cup dried cranberries and 1/4 cup chopped candied ginger; let cool. Store in an airtight container. Makes 16 1/4 cup servings.

Nutrition Info

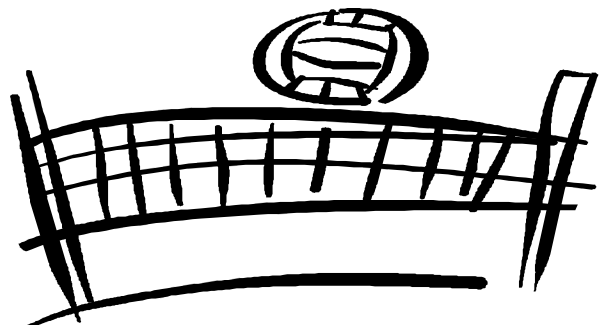
Calories 130	Fat 4g (1g saturated)	Carbohydrates 23g
Protein 3g	Fiber 2g	Sodium 24mg

Women's Volleyball League

West Hampton Community Center will be starting the Women's Volleyball League on Tuesday, February 4th.

Team registration is \$225 with a 10 team maximum.

If your team is interested contact Randall String at 896-4694.



Applause & Kudos

To Northampton Community Center Staff for their *Harvest Feast* on November 23rd feeding 500 people and *Brunch with Santa* on December 21st which is in it's 6th year of making young and old happy!



To the official ribbon cutting and grand opening of the Fort Monroe Community Center, December 9th. * look for new fitness classes coming to Fort Monroe soon!

OPEN MIC NIGHT

HOST:
Drearon Ruckett
HOUSE POETS:
Walt Leon,
Tutu & LEVI

JAN 16

7:00 PM

FEATURING:
R&B Artist
Joselyn Best

The first Music and Poetry Night of the new year starts off with a bang! We're heavy on the music side with the music of R&B artist - Joselyn Best. The House Poets will honor Dr. Martin Luther King. The mic will be open: singers, poets, dancers, magicians come share your talent, and of course we need the listeners to listen!

Hampton Parks and Recreation Department/
Urban Performing Arts Programs

MUSIC
POETRY

WESTHAMPTON
COMMUNITY CENTER
1638 Briarfield Road
Hampton, VA 23661

To sign up or for more information
call Marie St.Clair at 757-896-4692
or email mstclair@hampton.gov.



Hampton Parks and Recreation Department/
Urban Performing Arts Programs

MUSIC
POETRY

FREE ADMISSION
FREE TO PERFORM

FROM JENNIFER LEE FOR DESIGN

8 MOST COMMON HEALTHY FOOD MYTHS...BUSTED!

1. **Dry roasted nuts have fewer calories than oil roasted.** Technically they do, but only 7 calories per 1 ounce serving. What makes a bigger difference; eating too much of any type of nut.
 
2. **Frozen vegetables are less nutritious than fresh ones.** Only if you live on a farm. Just picked veggies do have more vitamins and minerals, but nutrient levels drop during shipping and sitting on the shelf. Frozen vegetables are picked and immediately (within 24 hours) flash frozen so they retain their nutrients.
3. **Pork is fattening.** It's true that sausage and bacon are loaded with calories, but three ounces of cooked pork tenderloin has only 140 calories and a protein powerhouse.
4. **Fat-free salad dressing is your best choice.** Salad veggies are filled with terrific nutrients like lycopene and beta-carotene. But your body can't absorb these without a little help from fat, so a small amount of fat in olive oil, low-fat cheese, nuts and seeds in your salad can help your body absorb these nutrients so much better.
5. **Foods sweetened with fruit juice are more nutritious.** Nope, your body can't tell the difference between natural sugar and highly processed sweeteners.
6. **You should drink 8 glasses of water a day.** Water is a terrific thirst quencher and at the best price. How much a person needs though is truly based on the activity level and the season, but use your thirst as a guide.
 
7. **Fish contains a lot of sodium.** Yes canned and packaged does but fresh is best.
8. **Foods with added vitamins and minerals are always better.** It depends: calcium-fortified orange juice, and milk fortified with vitamin D are great choices. But tucking some vitamins and minerals into a candy bar or sugar-loaded sports drink is not the way to get your daily dose.



**HAMPTON PARKS
& RECREATION**

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North Phoebus

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Northampton

825-4805

Old Hampton

727-1123

Senior Services

727-1601

West Hampton

896-4687

YH Thomas

727-1200

**Check us out online at
www.hampton.gov
and “Like” us on
Facebook at Hampton
Parks & Recreation**

NEW YEAR, NEW FUN!

- *January 14 - Fitness Yoga, Fort Monroe Community Center, 9a to 10a, \$15 per month.*
 - *January 16 - “What Are You Doing For Others?”, YH Thomas Community Center, 8a to 1p. Pre-registration is required by calling 727-1452.*
 - *January 20—Martin Luther King Jr. Holiday; all City Offices closed*
 - *January 22 - Breakfast Bingo, West Hampton Community Center, 10a to 11:30a*
 - *Wednesdays in January are “Ping Pong Days” at the Senior Center, 11a to 4p. Call 7271601 for details.*
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